Steak Strips with Mustard Mushrooms

2 plates, each with half the rested steak strips, mustard mushrooms and potatoes · Active 40 min · Total 1 hr 10 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

• 10 1/2 oz boneless top-sirloin steak, external fat removed (300 g raw lean meat), about 1 inch/2.5 cm thick

• 14 oz potatoes with skin, scrubbed and diced (400 g)

• About 4 cups water for potatoes (1 liter)

• About 3 cups thinly sliced white mushrooms (200 g)

• 1 small onion, thinly sliced (80 g)

• 1 garlic clove, minced (3 g)

• 1 tablespoon olive oil (15 ml/about 13.5 g), divided

• About 1 tablespoon plus 1 teaspoon prepared yellow mustard (20 g)

• 1/4 cup reduced-fat 2% milk (60 ml/about 62 g)

• Scant 1/2 cup plain nonfat Greek yogurt (100 g)

• 1/2 teaspoon fine salt (3 g), divided

• 1/4 teaspoon black pepper (0.6 g), divided

Set out

28 cm/11-inch skillet, Saucepan for potatoes, Colander, Clean bowl for mushrooms, Small bowl for yogurt, Knife and separate raw-meat board or cleaned board, Kitchen scale, Measuring jug, Food thermometer, Clean resting plate, 2 serving plates

Allergens

Milk, Mustard. Check labels and substitutions.

Make it

1. Prepare vegetables before raw steak. Put potatoes in the saucepan with measured water and one-third of the salt. Bring to a boil and simmer for 15–20 minutes until tender, then drain and cover.

2. Heat 2 teaspoons (10 ml) of the oil in the skillet over medium heat. Cook onion for 6–8 minutes. Add mushrooms and cook for 8–10 minutes until their liquid evaporates; stir in garlic for 30 seconds. Transfer to a clean bowl.

3. Pat steak dry, season with remaining salt and pepper and heat remaining oil in the cleared skillet over medium-high heat. Sear for about 4–6 minutes per side, adjusting for thickness, until the thick center reaches at least 145°F/63°C. Transfer to a clean plate and rest for at least 3 minutes before slicing.

4. While steak rests, lower pan heat and return mushrooms. Add mustard and milk and stir for 1–2 minutes until hot, scraping up browned residue. Remove from heat. Stir a few spoonfuls of warm pan liquid into yogurt, then fold that mixture into the mushrooms without boiling.

5. Slice rested steak across its muscle fibers. Divide steak strips, mustard mushrooms and potatoes evenly between 2 plates and serve promptly.

A useful kitchen skill

Cook an intact steak to a measured center, give it the required rest and slice across the muscle fibers only afterward.

A useful detail

The estimate uses raw lean-only top sirloin and plain nonfat Greek yogurt. Whole-cut beef reaches 145°F/63°C and rests at least 3 minutes; this is different from the 160°F/71°C endpoint for ground beef.

Keep it well

Refrigerate promptly in shallow containers at 40°F/4°C or below within 2 hours, or 1 hour above 90°F/32°C. Use within 3 days. Reheat the portion needed to 165°F/74°C throughout; the steak will become more cooked and the yogurt sauce may separate. Add a little water and use gentle covered heat rather than repeatedly frying the strips.